In The Claims:

Please amend the claims as set forth below.

Qy

4. (Amended) The ergonomic support of Claim 3 wherein said traction element is selected from the group consisting of: a wire, a bowden cable, a hard drawn wire, a pin, a rod, a bracket and a spoke.

Q5

14. (Amended) The ergonomic support of Claim 3 wherein said actuator is selected from the group consisting of: a[n] hydraulic device, a pneumatic device, a bowden cable, an electric motor and a mechanical device.